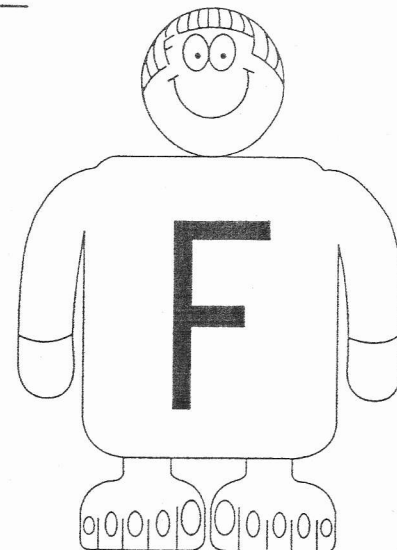


Family
Letter
F



Dear Family,

Hi! I'm Ms. F, with my funny feet. Aren't you glad you don't have to buy shoes for me?

I have been talking with the kids at school about feelings—like happy, sad, angry, scared. Everyone has feelings, and we have talked about how important it is to be honest about our feelings.

- ✓ Let your child know that it's OK to say how he/she feels about something.
- ✓ Express your feelings. If you're angry, say you're angry. If you're scared, say you're scared. Then tell why you think you feel that way.
- ✓ Describe some past situations that your child may have felt strongly about. These might include losing a pet, being invited to a birthday party, or being lost somewhere. Ask your child to tell how each situation made her/him feel.

Feelings can be good or bad—but people can't help the way they feel. What they can do is talk about it with someone who cares.

Sincerely,

Ms. F